

Arroz con Queso (Rice with Cheese)

Meal Components: Vegetable, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-48B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, medium grain, regular	2 lb 13 oz	1 qt 2 1/2 cups	5 lb 10 oz	3 qt 1 cup	1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
OR	OR	OR	OR	OR	
Brown rice, long grain, parboiled	2 lb 11 oz	1 qt 2 3/4 cups	5 lb 6 oz	3 qt 1 1/2 cups	
Water		3 1/2 cups		1 qt 3 cups	
*Fresh onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt	
OR	OR	OR	OR	OR	
Dehydrated onions	4 1/2 oz	2 1/4 cups	9 oz	1 qt 1/2 cup	
Canned, low-sodium, chopped mild green chilies	12 oz	1 1/4 cups 2 Tbsp	1 lb 8 oz	2 3/4 cups	2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 1/2").
Canned low-sodium jalapeno	4 oz	1/2 cup	8 oz	1 cup	

Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Lowfat plain yogurt	3 lb	1 qt 1 1/2 cups	6 lb	2 qt 3 cups	
Lowfat 1% milk		1 qt 1 cup		2 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Reduced fat Monterey Jack cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Reduced fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Canned low-sodium pinto beans, drained, rinsed	4 lb 4 oz	2 qt 1 1/4 cups (1 No. 10 can)	8 lb 8 oz	1 gal 2 1/2 cups (2 No. 10 cans)	
OR	OR	OR	OR	OR	
**Dry pinto beans, cooked (see Special Tip)	4 lb 4 oz	2 qt 1 1/4 cups	3 lb 10 oz	1 gal 2 1/2 cups	
*Fresh tomatoes, diced	1 lb 8 oz	3 2/3 cups	3 lb	1 qt 3 1/3 cups	3. Sprinkle 12 oz (1 ¾ cups 2 Tbsp) of diced tomatoes and 9 ½ oz (2 ¾ cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted.
OR	OR	OR	OR	OR	
Canned low-sodium diced	1 lb 14 oz	3 3/8 cups (1 No. 2	3 lb 12 oz	1 qt 2 3/4 cups (2	

Reduced fat cheddar cheese, shredded 1 lb 3 oz 1 qt 3/4 cup 2 lb 6 oz 2 qt 1 1/2 cups

4. CCP: Hold for hot service at 135° F or higher.
Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Serving Information:

1/2 cup (No. 8 scoop) provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/8 cup other vegetable, and 3/4 oz equivalent grains. OR Legume as Vegetable: 1 1/4 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

****Special Tip:**

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately in recipe preparation.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz
Dry pinto beans	1 lb 13 oz	3 lb 10 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/8 cup other vegetable, and 3/4 oz equivalent grains.	50 Servings: about 19 lb 8 oz	50 Servings: about 1 gallon 2 ¼ quarts
	100 Servings: about 39 lb	
		100 Servings: about 3 gallons 2 cups